



Sheppard Senator

Combat Capability Starts Here

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Life saver

82nd SFS Airmen initiates combat lifesaver course at deployed location

Courtesy of the 82nd Security Forces Squadron

Some security forces personnel are expected to protect Air Force members and assets. But, an 82nd Security Forces Squadron Airmen took it a step further to include life saving while deployed to Al Mubarak Air Base, Kuwait.

Staff Sgt. George Bibb discovered that there was a need for

some type of expanded first aid training since the nearest emergency medical services (EMS) would take some time to respond. The defense force had sustained a few cases of dehydration as the defenders were wearing all of their protective gear in temperatures above 115 degrees.

Sergeant Bibb discussed the issue with his defense force commander and discovered that there was training available in theater


which would enhance the capability of the defense force to assist not only the defenders, but all deployed Airmen at the base.

The sergeant coordinated with the 10223 Medical Company, Camp Udari, Kuwait, and on-site security forces personnel were trained as Combat Life Savers.

The Combat Lifesaver course offers increased medical training above and beyond the self-aid and buddy-care course. The original

intent was to ensure there was at least one CLS certified person on duty at all times; however, thus far over 17 base personnel were certified to include a deployed communications specialist, U.S. Army and Marine personnel.

The training has increased the wartime skills of the defense force as well as the rest of the base members when facing cases of severe dehydration or serious trauma.



The Combat Lifesaver course is now offered at Al Mubarak Air Base, Kuwait, to give non-medical personnel the tools to provide more than basic care. Left, Staff Sgt. George Bibb, an 82nd Security Forces Squadron member, learns how to start an IV recently as part of his CLS training.

Courtesy of the 82nd Security Forces Squadron

On the Inside

Rising to the occasion

Airmen continue to deliver relief supplies to thousands in devastated Thailand

Civilians get career field, counselors

Every Air Force civilian is now assigned to a specific career field, giving them a clear point of contact for career counseling and marking the first tangible effect of civilian career field management, said Air Force Personnel Center officials here.

Career field management is the civilian equivalent to the military's force development. Both initiatives are aimed at deliberately developing Air Force leaders.

Each civilian position has been assigned to a career field regardless of series, grade, or pay plan and a Career Field ID has been attached to each position, said Chris Ayers, Standard Core Personnel Document Library Manager.

For full story, see Page 2.

By Master Sgt. Michael Farris
353rd Special Operations Group Public Affairs

PHUKET, Thailand (AFP) – As the calendar turned a new year, the aid delivered by Airmen of the 353rd Special Operations Group to communities on Thailand's southwest coast approached 100 tons.

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Laos
Thailand
Cambodia
Malaysia



BANGKOK, Thailand – Volunteers organize a sea of relief supplies between two hangars at the international airport here Saturday. Relief efforts continues after a tsunami killed more than 155,000 people in Southeast Asian countries.

U.S. Air Force photo by Master Sgt. Michael Farris

LT. Col. David Mobley, from the 17th Special Operations Squadron at Kadena Air Base, Japan, is the deployed mission commander in Bangkok.

"With limited aircrews, a skeleton maintenance squad, a few spare parts and almost no support functions, the work carried out by this team is amazing," he said. "Every Airmen here understands that to be doing anything else right now just wouldn't seem right."

The Americans are not alone. The Royal Thai Air force has mobilized its forces and is also busy hauling life-saving cargo south.

Thai aviators have accompanied U.S. aircrews on flights to many of the remote airfields to facilitate entry, unloading of supplies and departure. Airmen involved in the operation said it has been a huge success.

"We've enjoyed very quick turn-arounds because the Thais know these fields like the back of their hands," one said. "Their experience is invaluable to us getting our jobs done. With less than one day's notice, we rolled in here and began operating out of their offices and their neighborhoods like we were old friends."

An Airmen assigned to the 1st Special Operations Squadron, said his impact was brought home his first day here.

"Bringing a dozen litter patients back to Bangkok was by far the most meaningful thing I've done," he said. "The sincere thanks and absolute gratitude of people whose lives have been crushed was amazing. I'll never forget it."

As a one-man ringleader, a loadmaster here directs pallets onto the aircraft every day.

"The supplies we're loading into these planes are having a huge impact on millions of people's lives today," he said. "If it's a temporary shelter for a family of five or vaccinations for 50,000, these things are important right now. It's humbling to be a part of this assistance."

The Airmen in Bangkok are under the direction of Joint Task Force 536. The task force is coordinating U.S. military relief efforts in the region and will enable leaders on the ground to maximize the efforts of people and resources.

As the new year began, the devastation in Southeast Asia was just beginning to be understood. The fatality total has reached 150,000, and continues to climb. With such dire situations on the ground, the Airmen here said they can only hope their efforts can make a difference.

New course gets radioactive

In a forward deployed location, an Airmen breaks his arm; x-rays are taken but there is no radiologist to give a diagnosis. Half a world away, a doctor receives an e-mail showing the airman's broken arm, a diagnosis is made, and is sent back showing what can be done to help him.

This is the newest medical technology the military has and technicians who will maintain these machines are being trained right here at Sheppard in the 382nd Training Squadron's Teleradiology course.

For full story, see Page 3.

Make change stick

A new year is a great time for new goals and plans. Most everyone will make a few resolutions to improve their lifestyle.

When trying to change a lifestyle habit, many mistake change as an event lasting only a short period of time versus a process involving several ways to move toward a goal.

For full story, see Page 7.


Former counter narcotics official headlines MLK breakfast

Courtesy of the African American Heritage Committee

Andre Hollis, the former deputy secretary of defense for counter narcotics, will be the guest speaker at the annual Martin Luther King Jr. Celebratory Breakfast on Jan. 14 in the Officers' Club Ballroom at 7 a.m.

Mr. Hollis served as the deputy secretary from August 2001 to October 2003 when he made the move to become vice president of Van Scoyoc Associates. He leads the Firm's Homeland Security, Homeland Defense and Transnational Threats practice areas. His extensive experience and knowledge of post-9/11 policy formulation and budget execution issues within the Legislative and Executive branches identifies him as one of the few former officials who can assist clients in their efforts in this new environment.

As the senior advisor to the Secretary of Defense, Mr. Hollis developed and managed the



Hollis

Luther King Jr. Celebratory Breakfast, call Master Sgt. Gary Royster at 6-7114 or Sandra Gross at 6-6633.

The cost is \$6.20 per club members and \$8.20 for non-club members. Payment must be made in advance – no payments will be accepted at the door.

departments' extensive domestic and international counter narcotics efforts. In doing so, he transformed the 179 programs and annual budget in excess of \$1 billion to combat narcotics and the global trafficking of arms, weapons of mass destruction and terrorists.

For further information about the Martin Luther King Jr. Celebratory Breakfast, call Master Sgt. Gary Royster at 6-7114 or Sandra Gross at 6-6633.

DoD implements new sexual assault prevention policy

By Donna Miles
American Forces Press Service

WASHINGTON – The Defense Department announced Tuesday sweeping changes in how the military handles sexual assaults, with uniform policies and procedures that apply to members of all services, wherever they are stationed or deployed.

In a Pentagon briefing, David S. C. Chu, undersecretary of defense for personnel and readiness, said the changes – laid out in 11 new memorandums sent to Congress and the military services – "will change the way the military handles sexual assault, from the operations arena all the way to culture of the institution, in a profound and lasting way."

The new DoD policy focuses on three major areas: enhanced education and training to help prevent assaults, improved treatment and support for victims and a better system for investigating and prosecuting offenders.

Mr. Chu said the changes are designed to help build a "climate

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12 graduate from ALS

Twelve senior airmen finished preparation for careers as non-commissioned officers when they graduated from Class 05-B at the Airman Leadership School recently.

Senior Airman Jeffrey Skaggs of the 362nd Training Squadron earned the John Levitt Award, an honor given to "the distinguished graduate who is the most outstanding in objective and performance evaluations, demonstrated leadership and teamwork."

Senior Airman Frederick Velasco was chosen by the ALS flight chief to receive the Leadership Award.

Airman Velasco, assigned to the 82nd Civil Engineer Squadron, was chosen as the Airman who "made the most significant contribution to the overall success of the class."

The Academic Achievement Award went to Senior Airman Angela Manuel of the Army-Air Force Exchange Service in Dallas. The award is given to the Airman who demonstrated



Skaggs



Velasco

excellence as a scholar. Others graduating from the course include: Senior Airman Bryan Zohn,



Manuel

382nd TRS; Senior Airman John Barndt, 82nd Security Forces Squadron; Senior Airman Glenn Belcher, 82nd Contracting Squadron.

Senior Airman Justin Rhodes, 82nd Comptroller Squadron; Senior Airman Chad Harden, 366th TRS; Senior Airman Leesa Smith, 82nd Medical Operations Squadron.

Senior Airman Vanessa Antunez-Mac, 82nd Medical Support Squadron; Senior Airman Thomas Butler, 82nd SFS; and Senior Airman Thomas McClain, 82nd SFS.

Operation Cookie Drop



Photo by Mike Fiore

Members of Operation Cookie Drop get containers and bags ready for Airmen during the Christmas Exodus. The group went to dormitories to deliver the sweet pastries as part of the season of giving. Hundreds of cookies were delivered by the spouses and children of 80th Operations Support Squadron personnel.

3 plead guilty in courts-martial, 6 receive Articles 15 punishments for alcohol-related offenses

Three Airmen from the 365th Training Squadron pleaded guilty in December to drug-related offenses and Articles 15 punishments were handed down to six other Airmen in alcohol-related incidents.

An airman first class pleaded guilty Dec. 10 to wrongful use of cocaine, "huffing" (inhaling) nitrous oxide and providing alcohol to individuals under the legal drinking age of 21. The Airman was sentenced to a bad conduct discharge, five months confinement and a reduction to the grade of E-1.

Two 365th TRS Airmen pleaded guilty to separate charges during special courts-martial Dec. 28.

The first Airman pleaded guilty to wrongful use of ecstasy and "huffing" nitrous oxide from a can of whipped

cream. The Airman was sentenced to four months confinement and a reduction in grade to E-1.

The second Airman pleaded guilty to using cocaine and undergarment drinking, but did not plead guilty to desertion as charged.

The Airman pleaded guilty to the lesser charge of absent without leave, but a panel of officers found him guilty

of desertion.

The difference

between AWOL and desertion is the intent to return to the individual's unit. In this case, the panel determined the Airmen did not intend to return to his unit and was found guilty of desertion.

The Airman was sentenced to 60 days confinement, hard labor without confinement for 85 days, restriction to Sheppard for 45 days, forfeiture of \$300 pay per month for six months and a reduction in grade to E-1.

All three Airmen will serve their confinement at Wichita County Jail.

Also, Commanders at Sheppard handed down Articles 15 to six Airmen for alcohol-related offenses.

An Airman in the 361st TRS

received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman received a forfeiture of \$596 of pay, restriction to Sheppard for 15 days and a reprimand as punishment.

A 364th TRS Airman received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman was ordered to forfeit \$668 of pay per month for two months.

An airman first class in the 363rd TRS received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman was ordered to forfeit \$703 of pay per month for two months and a reprimand.

A 383rd TRS airman first class

received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman's rank was reduced to airman and received a reprimand.

An Airman in the 383rd TRS received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman received a reduction in grade to airman basic, forfeiture of \$300 per month for two months and a reprimand.

A 383rd TRS airman received punishment for violation of Article 92 of the Uniform Code of Military Justice for underage drinking. The Airman received a reduction in grade to airman basic, suspended forfeiture of \$300 of pay for two months and a reprimand.

AF Civilians get career fields, counselors

Courtesy of the Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas – Every Air Force civilian is now assigned to a specific career field, giving them a clear point of contact for career counseling and marking the first tangible effect of civilian career field management, said Air Force Personnel Center officials here.

Career field management is

the civilian equivalent to the military's force development. Both initiatives are aimed at deliberately developing Air Force leaders.

Each civilian position has been assigned to a career field regardless of series, grade, or pay plan and a Career Field ID has been attached to each position, said Chrissy Ayers, Standard Core Personnel Document Library Manager. Career counselor contact information and the matrix used to

code each position can be viewed online at: <http://www.afpc.randolph.af.mil/cp/>.

Positions that do not clearly meet the logic on the matrix will be forwarded to AFPC for a career field determination, she said.

"This is a change in how we manage and sustain the civilian force," said Ms. Ayers. "It's part of the ongoing process to bring the civilian and military personnel processes closer

together."

For more information, employees located in the United States can call toll-free (800) 616-3775 (press 2 and follow the prompts). Overseas employees will first dial a toll-free AT&T direct access number for the country they are in, then 800-997-2378.

Hearing impaired employees can call TDD (800) 382-0893, or commercial (210) 565-2276 if located within the San Antonio area.

Blood offering



Photo by Sandy Wassaniller

The American Red Cross and Wilford Hall Medical Center conducted a combined blood drive on Dec. 15 at the community center and Bldg. 1900. The groups eclipsed the combined goal of 500 by collecting 535 units of blood. The next combined blood drive is set for Feb. 2-3 from 7 a.m. to 4 p.m. Locations to be announced. Above, Senior Airman Michelle Radke preps a student for her donation during the drive.

Is your life worth two seconds? Be safe and buckle up before you drive off.

**Think before you drink.
Hand your keys over to a Wingman.**

**Visit
www.af.mil for
more Air Force
news.**

Radioactive

New teleradiology course extends the reach of radiologists

Story and photo by 2nd Lt. Ian Phillips
82nd Training Wing Public Affairs

In a forward deployed location, an Airman breaks his arm; x-rays are taken but there is no radiologist to give a diagnosis.

Half a world away, a doctor receives an e-mail showing the airman's broken arm, a diagnosis is made, and is sent back showing what can be done to help him.

This is the newest medical technology the military has and technicians who will maintain these machines are being trained right here at Sheppard in the 382nd Training Squadron's Teleradiology course.

With more and more Airmen deploying to locations all over the globe with limited medical facilities, teleradiology gives physicians in the field a means to get an immediate diagnosis. But, like all new technologies, there has to be someone to maintain the machines and a facility to train those maintainers.

The teleradiology course is an advanced course students normally take after the Biomedical Equipment Technician Basic Course and two to three years experience in the field.

"It will teach them to be mechanics for medical equipment," said course director Navy Lt. Tadd Baus.

X-rays are taken, digitized and sent via e-mail or satellite to a radiologist. The doctor can then make a diagnosis and send it back to the source.

"It extends the capabilities of radiology," Lieutenant Baus said.

The 15 day training program teaches Air Force, Army and Navy students how to monitor and maintain the intricate equipment required to send x-rays across the globe.

"The students learn how to be front line maintenance techs," said Tech. Sgt. John Cunningham, the senior Air Force instructor.

The course is divided into two blocks. The first five-day block teaches students system administration, how to add users and deal with day-to-day activities. In the second 10-day block, students delve into the digitizers, monitors and equipment; learning how to fix hardware problems.

The new class received \$1 million of new equipment and instructors attended a



Maintaining high-tech digitizers gives physicians in the field a way to send digital images of X-rays to radiologists to get a quick and more accurate diagnosis. Above, Tech. Sgt. John Cunningham takes a look at the inside of one of the machines that students will use during the new Teleradiology course at the 382nd Training Squadron.

temporary duty assignment with the manufacturers to learn how to maintain the equipment.

The upgraded technology and hands on learning with the manufacturer helped instructors give students real life situations to deal with.

"These students will be able to learn

preventive maintenance and correct hardware problems with all the new equipment we have," Sergeant Cunningham said.

The first class of 10 teleradiology students graduates today and will perform their jobs all over the world, bringing patients and doctors closer together even if they are oceans apart.



Photo courtesy of the 383rd Training Squadron

Maj. (Dr.) Kenneth Norris provides instructions to two Independent Duty Medical Technician students recently at the 383rd Training Squadron. Dr. Norris was named the Preceptor of the Year by the Society of Air Force Physician Assistants.

Sheppard physician named top preceptor

By Maj. Leslie Pauley
383rd Training Squadron

The Society of Air Force Physician Assistants recently awarded Major (Dr.) Kenneth Norris their Preceptor of the Year Award.

The award recognizes outstanding preceptorship and those physicians who recognize the full role of a physician assistants. Nominations for this award come from physician assistants.

"Basically, this award is for those who do good clinical work, and who allow PAs to practice to their full potential," said Maj. David Morris, a physician assistant and Independent Duty Medical Technician instructor.

Dr. Norris, a family practice physician and course director for the IDMT course, said the honor isn't necessarily because of anything he has done, rather it's a reflection of his staff.

"I am fortunate enough to work with three of the best PAs in the Air Force," he said. "Between Major Morris, Maj. (Richard) Hutchinson and Capt. (Lee) Ackley, there is a total of 30 to 40 years of clinical experience."

"PAs are one of the greatest bargains in the Air Force," Dr. Norris continued. "Almost every one of them is a former NCO with enlisted AF experiences, so they know the military system. They can work the military administrative issues as well as the patient care issues."

PAs must practice within their own "skill set," according to the Society of Air Force Physician Assistants. The mission of the society is to promote quality, cost-effective and accessible health care and to promote the professional and personal development of physician assistants.

The society annually selects the preceptor, or medical supervisor, that most supports their mission.

Briefly Speaking

Flu vaccines available for students, instructors

The 82nd Medical Group will have an immunization line for students, instructors and military training leaders.

Personnel will begin administering the vaccine Saturday from 8 a.m. to 1 p.m. at the community center.

The immunization will be administered again Jan. 15 from 8 a.m. to 1 p.m. at the community center.

There will be a questionnaire that is filled out prior to receiving this immunization.

For more information about the FluMist immunization, visit www.cdc.gov/nip/publications/VIS/vis-flu-live.pdf.

Information can also be obtained by calling the Student Health Clinic at 6-5952 or visit the clinic located in the hospital, Bldg. 1200.

Team Sheppard offers condolences

Team Sheppard condolences go out to the family of T. M. Cornelius on his recent passing.

Mr. Cornelius was truly a friend of the base as evidenced by his past participation

in numerous base functions such as the Community Relations Council and Squadron Adoption Program.

His presence will surely be missed.

NAF sales coming up

The 82nd Services Division will have a non-appropriated fund sale Jan. 13 and 27.

These sales will take place from 10 a.m. to 1 p.m. each day at Sky Court in the Bunker Hill housing area.

Items to be sold include surplus lodging furnishings, microwaves, coffee pots, etc. For more information regarding the sale, call Chris Lamirault at 6-6693.

The deadline for story submissions for the Sheppard Senator is noon the Friday before the requested publication date. For more information, call 6-7244.

Call 6-AADD for a ride home.

JAG corps looking for a few good officers

Courtesy of Air Force Print News

The Air Force's Judge Advocate General (JAG) Corps gives company grade officers two opportunities from January to March to join their ranks.

The programs, the Funded Legal Education Program (FLEP) and the Excess Leave Program (ELP), allow active-duty officers to pursue law degrees without leaving the Air Force and then serve in the JAG Corps. Both programs, which provide the Air Force with lawyers who already have a good understanding of the military, begin accepting applications in January, JAG officials said.

"The (programs) round out the JAG Corps by supplying a cadre of uniquely experienced officers who combine law school education with operational Air Force time," said Maj. Rachel LandVandham, recruiting branch chief for the Air Force Office of the Judge Advocate General.

"The goal of both programs is to provide commanders with the best legal advice possible, tai-

lored to evolving Air Force needs," Major VanLandingham said.

FLEP is a paid legal studies program. Program applicants must be active-duty captains with between two and six years of active-duty service as of the first day of law school.

The ELP is an unpaid legal studies program. Program applicants must have two to 10 years of active duty service before entering law school. They must also be captains with less than three years of time in grade or below as of the first day of law school.

"We would like as many applicants as possible from junior officers representing all career fields across the Air Force," Major VanLandingham said.

Both programs are very competitive, the major said. The overall 2004 selection rate for the programs was 18 percent, according to the JAG recruiting Web site.

Experienced officers are viewed as four multipliers for the JAG Corps. JAG officers routinely participate in nearly every facet of the Air Force mis-

sion, including developing and acquiring weapons systems and ensuring availability of airspace and ranges where those systems are tested and operated. They also consult with commanders about how those systems are used in armed conflict and assist in the day-to-day running of military installations worldwide.

Applicants must have completed all application forms and applied to a law school that has been accredited by the American Bar Association; however, acceptance into the school is not required at the time of application. They must also receive their Law School Admissions Test results and complete a Staff Judge Advocate interview by March 1.

Qualifications are found in Air Force Instruction 51-101, Judge Advocate Accession Program, and online at www.jagusaaf.bq.af.mil. For more information, contact Major VanLandingham at rachel.vandingham@pentagon.af.mil, or call (800) 534-8723. "You can also call Capt. Coretta Gray at the Sheppard Law Center at 64-4262.

W2s ready for some, pending for others

The beginning of the New Year means only one thing in the tax world, tax statements (W-2, 1099R).

The Defense Finance and Accounting Service has compiled a schedule of dates when service members, military retirees and annuitants and defense civilian employees can access their 2004 tax statements through myPay and when they can anticipate receiving the hard-copy delivery by mail if they don't have a PIN.

Military members, retirees/annuitants and DFAS civilian employees will once again have access to view, save and print their tax statements from myPay at <https://mypy.dfas.mil>. The Internal Revenue Service has approved this version for filing with your personal tax returns.

DFAS provides personal pay information and delivers the ability to process pay-related transactions timely, safely and securely to all its members through myPay. The Web-based system eliminates the risks associated with postal delivery by allowing members to

W2 release schedule

Tax statements for 2004 will be available as follows:

	myPay Dec. 4	Mail Dec. 17 to 29
Retired annual statement	Dec. 13	Dec. 17 to 29
Retired 1099R	Dec. 13	Dec. 28 to 29
Annuitant annual statement	Dec. 13	Dec. 27 to 29
Annuitant 1099R	Dec. 14	
Air Force, Army, and Navy Reserve W2s	Dec. 27	Jan. 4 to 5
Civilian W2s	Jan. 6	Jan. 10 to 14
Marine Corps Active and Reserve W2s	Jan. 10	Jan. 18
Air Force, Army and Navy Active W2s	Jan. 14	Jan. 18 to 24

The following are available by mail only:

Special compensation for severely disabled 1099Rs	Dec. 17
VSI/SSB W2s	Jan. 4 to 5
Travel W2s	Jan. 10 to 11
Savings deposit 1099INTs	Jan. 10 to 11

access electronic tax statements and other financial information online.

MyPay matches existing industry standards for the highest level of encryption and security. Jim Pitt, director of Electronic Commerce, DFAS Military and Civilian Pay Services, said the use of myPay gives users the opportunity to be in control of their information.

If you have any issues or concerns, your finance offices stand ready to assist you.

POLICY

Continued from Page 1

of confidence" that instills trust in victims that they'll get the care they need, while instilling in all servicemembers that "this crime will not be tolerated."

The goal of the new policies is to standardize programs and policies throughout the Defense Department to improve prevention of sexual assault, enhance victim support and increase accountability.

Mr. Chu acknowledged that the military's traditional victim-response system didn't provide the level of care and support victims need.

"We are moving aggressively to put new systems in place to address this shortcoming," he said. "The well-being of victims is a priority for us, and we are doing whatever it will take

to ensure they get the best possible care."

This support begins with a better system for reporting and investigating sexual assault that is more sensitive to victims' privacy and confidentiality. Mr. Chu said. Final details of that effort are still being worked out but are expected to be resolved soon, possibly within the week.

Dod's sexual-assault policy will also ensure uniform standards of care. "No matter where you are or what branch you serve in, you will have the same support systems and the same response personnel available to you," he said. New reporting guidelines and protocols will ensure an appropriate and timely response that Mr. Chu said

will treat victims with "the dignity and respect they deserve."

Ensuring that victims get this care will be the job of the newly established sexual assault response coordinators. Mr. Chu said these officials will serve as a single point of contact to coordinate sexual assault victim care. And once the concept is fully implemented, the coordinators will be at every military installation around the world, he said.

The new policy calls for consistent sexual assault prevention education and training that begins in basic training and continues throughout the servicemembers' military careers.

The most basic part of the training includes clear-cut definitions of what

constitutes sexual harassment, sexual assault and other sexual-related offenses. Mr. Chu said this will help "eliminate confusion and uncertainty about which actions constitute which offenses."

Other training will be geared to first responders and commanders on dealing with cases of sexual assault within their ranks.

Air Force Brig. Gen. K.C. McClain, commander of Joint Task Force Sexual Assault Prevention and Response, said the new sexual assault policy "will make a tremendous difference in the lives of the men and women in our services."

Despite what she called "huge strides," she acknowledged that the

new policy "is no silver bullet" or "overnight solution." Implementing the new policy in an effective way "will take time," she said.

The joint task force will provide oversight as the services implement the new policy over the next year to ensure programs are consistent, General McClain said.

Once implemented, this cohesive, department-wide program "will ensure that every servicemember has a baseline training to help prevent sexual assaults," she said. "And also, in the event that there is a sexual assault, (it will ensure) that every servicemember will have access to the same standard of care and support, regardless of where they are assigned."



Courtesy photo

HOLLOMAN AIR FORCE BASE, N.M. – The 20th Fighter Squadron used the F-4F Phantom II to train German air force crews from 1972 to 2004. The squadron's inactivation ceremony was held here Dec. 20. All F-4s assigned to the 20th FS retired to the Air Force's Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Ariz., today.

Saying goodbye Silver Lobos' fly into retirement

By Airman 1st Class Stephen Collier
49th Fighter Wing Public Affairs

HOLLOMAN AIR FORCE BASE, N.M. (AFPN) – Former 80th Flying Training Wing Commander Brig. Gen. Kurt Cichowski inactivated the Air Force's last operational F-4 Phantom II squadron recently.

The inactivation of the 20th Fighter Squadron, known as the Silver Lobos, also signifies the end of a 33-year German-American joint fighter training program in the decades-old F-4E and F aircraft.

"As we close the chapter on fighter squadron Phantoms flying over (Holloman), we must

remember the book has truly not ended," said General Cichowski, 49th Fighter Wing commander. "There still remains, yet unwritten, lines of prose dedicated to the pilots and crews who trained here, and the bonds of camaraderie forged from the mutual bonds of our two nations.

"There remains a future yet undocumented that will be traced to the Airmen who trained here, and the fantastic aircraft they flew together."

During the ceremony, Lt. Gen. Klaus-Peter Stieglitz, German air force chief of staff, said, "The cooperation has been the longest-lasting military project between the U.S. Air Force

and the Luftwaffe. The 20th FS will definitely be remembered for the understanding and friendship between our two air forces and nations.

"The termination of the F-4 training here at Holloman, the inactivation of the 20th FS and the deactivation of the Luftwaffe's fighter squadron symbolizes the end of an era," he said. "However, it is not the end of our objective here at Holloman."

The German air force will continue to train its aviators here in the Tornados, a European-built fighter/bomber aircraft.

Lt. Col. Mark Buccigrossi, 20th FS commander, said it is a

somber time for the pilots, crew chiefs and their families.

"Everyone is saddened by the inactivation," Colonel Buccigrossi said.

"The guys are going back to Germany to fly F-4s," he said. "They will continue flying them for a few more years. The detractor for us, of course, is closing the chapter of the German-American liaison. The F-4 is retiring, and it's time for us to move on."

The bulk of the squadron's fleet left for the Air Force's Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Ariz. The final two aircraft will be retired today.



Photo by Lisa McKeown

POPE AIR FORCE BASE, N.C. – Senior Airman Jennifer Van Rooy adds her drop to the tsunami relief fund bucket. She is an air traffic controller with the 43rd Operations Support Squadron.

Adding a drop to the bucket

By Lisa Terry McKeown
43rd Airfield Wing Public Affairs

POPE AIR FORCE BASE, N.C. (AFPN) – It might not be much, compared to the millions of dollars in aid being given to the countries devastated by the Dec. 26 tsunami, but the small donation box in the control tower here helps an Airman remember that every little bit counts.

"The headlines in the news really hit me," said Senior Airman Jason DeArauj, 43rd Operations Support Squadron. "It's such a tragic situation, and I thought maybe we could help out. I set the box out for cash donations and let people know about donating to the Red Cross online."

The small donation box has yet to bring in the big bucks, but even its presence reminds Airmen here of the bigger picture.

"It's important to support organizations that are able to go over there and try and make a difference," Airman DeArauj said.

As thousands of Airmen across the world join others to help move aid into devastated regions, many at home said they feel the need to help, but often do not know what to do or which organizations to support.

"Many people are calling Air Mobility Command basing asking how they can help countries affected by the recent earthquake and tsunami, often with the expectation that AMC can transport their donated goods," said Col. Dave Thurston, director of AMC public affairs. "As President Bush said, it makes much more sense to donate money to the aid organizations that are working the problem and know what specific goods and services are needed."

The United States Agency for International Development is on the ground in the affected areas, working with other organizations to improve coordination and work to overcome the many logistical roadblocks to the humanitarian response. Its Web site, www.usaid.gov, provides information and updates on the relief effort. It also provides guidance on how people and organizations can help those efforts continue to move forward.

As for Airman DeArauj, he said the donation box will stay out as long as there is a fund available to support the survivors. The money he collects will be donated to the Red Cross.



Airman Nicholas Soroka, a weapons armament student at the 363rd Training Squadron, watches his classmates remove a 20 mm gun from an F-15 from the side of the aircraft to ensure they don't hit it with the gun's parts. A three-man weapons armament crew removes an F-15's gun every 18 months for inspections and any time the gun malfunctions.



A dismounted F-15 side-mounted 20mm gun, the M-61A1.

Loaded

An inside look at the 363rd TRS F-15 armament training class

Photos by Airman 1st Class Jacques Lickteig



Airman Sally Khim, an F-15 Weapons Armament Course student, helps guide her fellow classmates as they remove a F-15's 20mm gun.



Airman Carl Bradley and Airman 1st Class Jonathon Robertson, classmates in the 363rd Training Squadron's F-15 Weapons Armament Course, remove an M-61A1 20 mm gun from an F-15 as other classmates look from the side and top of the aircraft to help make sure the weapon's connectors don't hit the aircraft. Members of this class will graduate Feb. 4.

The opportunities are plentiful, but are you ready to...

Grasp and expand your education

By Sam Miller
782nd Training Group

Welcome to 2005. Hope everyone made it back safe and sound.

The elections are over and the holidays are behind us so now we can look forward to a great new year.

It's early yet to most of your New Year's resolutions should still be intact. Or have you already broken them?

Now is the time to establish your goals for 2005 and select the path you need to travel to accomplish them.

If one of your goals this year is to be promoted,

have you pursued all avenues to ensure success? Officers, have you enrolled in a master's program yet, completed Squadron Officer School, Air Command and Staff College or Air War College?

Enlisted, have you completed all required Career Development Courses, Airman Leadership School, and the Noncommissioned Officers Academy if eligible?

Civilians, have you completed your degree and the appropriate Professional Military Education courses such as SOS, ACSC or the AWC?

Educational opportunities abound in this area. The colleges on and off base provide some of the best opportunities anywhere.

If you need to take the CLEP tests, did you

know that you can go to Bldg. 920 here on Sheppard, take the tests and get immediate results? No more waiting for weeks to see if you were successful. The base education office is here to support you, and its guidance counselors have an in-depth knowledge of the opportunities available to you.

Is money a problem?

Ask your guidance counselor about tuition assistance, grants and student loans at low interest rates.

You say you do not have any place to study that is relatively quiet. Try the remodeled library. It is really great and has a new coffee bar besides all the outstanding available educational material. It

also has computers for your use while doing research.

So no more excuses for not accomplishing your educational goals, and getting everything you need to enhance your promotional opportunities. You can get what you need through the resources available at Sheppard.

No, it isn't easy and yes it takes self control and sacrifices. But the results are worth it. Just talk to the thousands of us who have already tried it and succeeded.

Only you can control your destiny and it is up to you to make 2005 a successful year in meeting your goals, even if you don't succeed in all your New Year's resolutions!

Make change stick

Health promotions officer gives tips to help keep New Year's resolutions

Maj. Lee Alexander
Health promotions

A new year is a great time for new goals and plans.

Most everyone will make a few resolutions to improve their lifestyle.

When trying to change a lifestyle habit, many mistake change as an event lasting only a short period of time versus a process involving several ways to move toward a goal.

It is important to remember that whether you are trying to exercise regularly, lose weight, or quit smoking, it takes time!

The amount of time it takes to make the change permanent varies. Once you have made the change, how do you make it stick?

The process of making a change permanent is where "the rubber meets the road!" Ninety percent of those who lose weight gain it back, plus a few extra pounds.

Less than 10 percent of Americans consistently exercise three times weekly.

Despite extreme health risks, 25 percent of Americans continue to use tobacco products.

Why is it so difficult to change a lifestyle habit?

Successful change takes long-term efforts and a revised lifestyle.

Unfortunately, bad habits are comfortable. You have been over eating, smoking and not exercising for years.

How long will it take to make NOT over eating, NOT smoking, and exercising MORE feel comfortable?

To overcome the tendency to return to comfortable behaviors, one must replace the old habits with something new.

Try these three hints to build and maintain new habits:

Surround yourself with support

Successful resolutions are the number one reason for relapse back into our comfort zone.

The person trying to make a healthy change is now different, so friends may ask you to "loosen up, it won't hurt you," or, "you can quit Monday!"

Instead, surround yourself with people who will work out with you, eat healthier foods, and sit in the non-smoking section; they will be your best allies.

Prepare for special occasions

Holidays, vacation, and weekends can sabotage efforts to maintain healthy habits. Plan ahead versus letting yourself slip back into an old behavior, "just for the weekend." With each occasion that you get through without slipping, your confidence will improve.

Know and avoid triggers

No matter what you are trying to change, there are triggers that may send you back to old behaviors.

Former habits, especially addictive ones, continue to be desirable long after you have quit or changed. When Maj. Gen. Chip Uiterback, 2nd Air Force commander, visited Sheppard recently, he confirmed this.

As a former smoker, he stated that 20 years after quitting, he still occasionally craves a cigarette.

Therefore, avoid places or people who could tempt you to relapse. If you are trying to lose weight, don't go to a buffet. If you are trying to quit drinking, don't visit a bar.

Making change is difficult, but not impossible. If you are determined to make a change in 2005, give yourself credit. Renew your commitment and maintain a healthy distance from old behaviors.

Keep a written record of your progress and review your notes often.

If you have kicked an old habit or cemented a new one, help someone else do the same.

In helping others, you will realize how far you have come.

Your health and wellness center offers multiple classes on weight loss, fitness, tobacco cessation and nutrition education. Call 6-HAWC or stop by today.

Pop 'em or stop 'em?

Sheppard Law Center clears prescription drug myth

Courtesy of the Sheppard Law Center

Drug abuse is a serious crime with serious consequences in the Air Force. The abuse of any drug is incompatible with military service and one's commitment to the Air Force.

We all know that using drugs like cocaine, methamphetamine, Ecstasy and marijuana leads to disciplinary action. Just ask the Airmen who have already been court-martialed this year at Sheppard how stiff the penalties can be.

In addition to now having a federal conviction, many also received bad conduct discharges, forfeitures of pay, and jail sentences ranging from two to 30 months.

What fewer Airmen seem to know is that similar penalties can be imposed for abusing prescription drugs like Adderall and Xanax, abusing over-the-counter drugs like Tussin and Coricidin, and huffing aerosol propellants like those in whipped cream and Dust-Off cans.

When the term "abuse" is used, it means using a product for something other

than its intended use — usually to get "high." Generally, it's done by taking too much of an over-the-counter drug, or taking any amount of someone else's prescription drug.

Abuse also includes providing drugs to another person for them to abuse, and even stiffer penalties apply to distribution. Remember that next time a roommate wants to "borrow" a prescription pill or a box of Coricidin.

Just because a person, their family or friends get something from the pharmacy or buy it at the BX or a drug store does not mean it's always legal to use. Recently, Airmen were caught abusing Coricidin pills and Tussin cough suppressant they bought at the BX and local drug stores. Also, Xanax, Percocet, OxyContin, Hydrocodone, and Adderall dispensed at the base pharmacy have been abused.

For this drug abuse, some Airmen were tried in courts-martial and others received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice. Further, there has been a recent surge in

huffing, to include products from whipped cream to body spray to aerosol potpourri to Dust-Off. Many of these drug abusers were given Article 15 punishment, and still others are pending court-martial.

In case court-martial or Article 15 punishment is not enough deterrence, remember that Air Force Instruction 36-3208 requires discharge action when there is evidence of drug abuse. Remember those examples above where there was an Article 15 instead of a court-martial? Those Airmen did not get off easy; they were thrown out of the Air Force for their drug abuse.

So, when weighing what that short-lived high is worth, also factor in the future and the negative service characterization one receives upon being discharged ... all for a little buzz.

Stay smart. Honor your commitment to your country.

Drug abuse is incompatible with service in the Air Force, so stay away from the improper use of prescription and over-the-counter medications and huffing.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000.

Your submission may be printed in The Sheppard Senator

Do you hear the call to help?

Master Sgt. Jay Bell
Sheppard Top 3

Do you hear the call?

It may be a sense of duty or obligation, a spiritual calling, a prod from your supervisor for more performance report bullets or a tug on your heart-strings. Whatever the source of the call, answer it!

Service Before Self is an Air Force Core Value. That alone is enough, but service is more than that. Service should be a mindset, a way of life. It should be a goal and a belief in taking action toward making your community, your country and your world a better place. We are stewards of each other; it is never "somebody else's job."

"Never before has man had such capacity to ... end thirst and hunger, to conquer poverty and disease, to have his mastery over massive human misery." Those words, spoken by John F. Kennedy in 1963, are truer today than ever.

You are already making the biggest sacrifice possible by volunteering to put your life on the line to defend the freedoms of our country. You even strive to make those same freedoms available to other nations because it is the right thing to do. Why should you do more?

Because the rewards are significant and plentiful. The gratitude in a smile, a hug or just a look of sincere appreciation from someone who needed your help will renew your spirit and motivation — it will invigorate you.

And when your service is unknown to those you help,

"There is no idea so uplifting as the idea of the service of humanity."

Woodrow Wilson

There is still a sense of personal satisfaction, perhaps more so, for making a difference in somebody's life. Those feelings can never be taken from you.

There are other reasons as well.

Your children watch every move you make — what will they learn from you? I have taken my kids with me on Meals-on-Wheels routes. This was meaningful in itself, but also prompted good conversations with them.

Spiritually, you are certainly taught to do good works. As a servicemember, you are responsible for setting the right example for your peers and subordinates.

Former Chief of Staff of the Air Force Gen. Ronald Fogleman stated that it is the inherent nature of our profession to willingly subordinate our personal interests for the good of our unit, service and nation. Service keeps you humble as well, and exposes you to human nature and predicament in a way that you could never learn from the sidelines. You might even learn something new or challenge yourself in a new way.

In the service-oriented culture of our United States Air Force, we are given countless opportunities. In how many e-mails, briefings and roll-calls are you given another chance to be a part of something bigger than yourself? Adopt a-

Highway, Habitat-4-Humanity, AADD, chapel services, Combined Federal Campaign, Make a Difference Day, Race for the Cure, Special Olympics — these only scratch the surface.

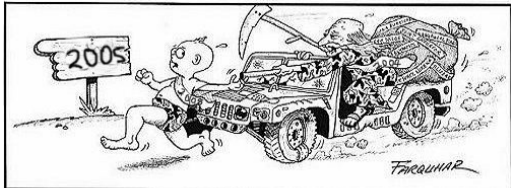
What about being a Scout leader, coach, referee, tutor, PTO representative or one of countless other roles that our communities need us to fill? If you are hesitant in taking the lead, offer to be an assistant.

Though it's occasionally about giving money (there are so many solicitors that you should be selective in your charities), it's more often the time that you give that makes the biggest difference in people's lives. Anybody can fit in an hour or two a week.

I have spent a lot of time serving others and I know the uncomfortable feeling of "stepping out."

But if you never step out, you'll never stand out. You will never know the richness of the personal rewards and the effect of those rewards on your life and the good fortune of your family.

Realize that it's never about "what's in it for me," rather it's what you get in return for selfless acts of service far outweighs and outlasts any material gain. In the words of Woodrow Wilson, "There is no idea so uplifting as the idea of the service of humanity."



OK, SON, SEE IF YOU CAN KEEP UP WITH THE NATIONAL GUARD NEXT YEAR!

Sheppard Senator

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Clever captions



No. 20

Compete to see your funny caption for photo No. 20 in next week's Sheppard Senator.

Here's how

1. Write an imaginative, humorous caption for photo No. 20.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the Sheppard Senator.
5. All entries are judged by the Senator staff. Good luck!



No. 19's winning entry: "Man, I knew I shouldn't have eaten beans for lunch," by Shelley Karth, 82nd TRW Safety Office Runner up: "Here, let me provide the smoke screen, I had a beer with my chili last night." by Vicki Ward

Sheppard Spotlight

15 lines of fame

1. **Name:** Roger "Gar" Watts
2. **Rank:** Technical sergeant
3. **Organization and position:** 882nd Training Group, standards and evaluations
4. **Most rewarding aspect of your job:** Helping our instructors and training staff improve their training programs. I have had a lot of great people educate me in the training processes as both an instructor and instructor supervisor; it's great to be in a position to honor them by continuing to help others.
5. **Why did you join the Air Force?** It was my chance to serve, contribute and help make a difference for our country.
6. **Favorite Air Force assignment:** Eglin Air Force Base, Fla.
7. **Date arrived at Sheppard:** Which time? 1992-1999 and 2001 to present
8. **Hometown:** Punta Gorda, Fla.
9. **Married or single:** Married to Lynette for 15 years.
10. **Favorite thing(s) to do in your free time:** Taking photographs and hiking national parks.
11. **Funniest child-**

hood memory: At the age of 16, I was performing in a musical called Brigadoon, which required me to wear a Scottish kilt. During one performance I forgot my shorts that I wore under my kilt. A female member of the pit orchestra revealed my secret after the show to the amusement of the rest of the cast.

12. **Favorite book or movie:** Movie: "The Big Chill."

13. **Dream vacation:** A long tour of European countries with an unlimited film supply.

14. **If you could be anyone for one day, who would you be?**

George Carlin; I have a lot of things to say.

15. **Other than your family, what is your most prized possession?** My photos.



Movie line: 676-4427

Seed of Chucky (R)

TODAY: 6:30 P.M.

Starring: Jennifer Tilly, Hannah Spearritt. Killer dolls, Chucky and Tiffany are now faced with the challenge of raising their child, Glen.



National Treasure (PG)

TODAY: 9 P.M.
SATURDAY: 4:30 P.M.

Starring: Nicolas Cage, Justin Bartha. Gates is an archeologist searching for George Washington, Thomas Jefferson and Benjamin Franklin's cache of gold they hid during the waning days of the Revolutionary War.



Spongebob Squarepants (PG)

Animated. In the depths of Bikini Bottom: King Neptune's crown has been stolen, and SpongeBob teams up with his best friend, Patrick, on a mission to Shell City, where he hopes he can exonerate Mr. Krabs, the prime suspect.



Bridgeport Jones: The Edge of Reason (R)

SUNDAY: 2 P.M.

Starring: Renee Zellweger, Colin Firth. In this follow-up to the worldwide hit, we find Bridget where we left her: blissful and besotted in the arms of gorgeous lawyer Mark Darcy. But trouble arises in the form of a new intern.



Alexander (R)

SUNDAY: 4:30 P.M.

Starring: Colin Farrell, Angelina Jolie. In Oliver Stone's epic, Alexander, the remarkable life of Alexander the Great and his effort to conquer the world are detailed.



SHEPPARD EVENTS

Lake Texoma

Arts, crafts

Lake Texoma will offer an arts and crafts program in the lobby of the annex Saturday beginning at 1 p.m. It is free and open to all ages. Call (903) 523-4613 for more information.

Community

Ceramic shop

The Sheppard Ceramic Shop is here for everyone stationed or employed on the base. Reservists, retirees and NATO personnel are especially welcomed. The shop is located in Bldg. 832 and offers a stress-free environment to be creative. Children are always welcome. Instruction services are free. There are no work fees.

Project storage for dormitory residents is available. For more information, call 855-0118.

ITT

Wildcats Hockey tickets

Ticket prices are as follows:
\$6.50 End Zone Seats
\$8.50 Upper Level Side Seats
\$15.50 Lower Level Seats
\$22.50 Glass Seats

All prices include the \$5.00 ticket fee assessed by ITT. Call 6-2302 for more information.

Ameriquet Field and Legend of the Game Museum Tour at the ballpark in Arlington

Take the tour of Ameriquet Field and

Legend of the Game Museum at th ballpark in Arlington Saturday.

The cost is \$25 per person. The departure will be at 9 a.m. from the community center.

Visit Lincoln Square for shopping and take free time for lunch at Rawlings Sports Grill (lunch is not included in the tour price).

For more information, call 6-2302.

Club activities

Latin night

The enlisted club will host a Latin night Saturday beginning at 8 p.m. Call 6-2083 for more information.

Chapel schedule

Catholic services

Confessions are at 4 p.m.
Sundays at the south chapel.

Sunday

Mass: 9 a.m. and 5 p.m. at the south chapel; noon at the Solid Rock Cafe.

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

Protestant services Sunday

10:30 a.m. Contemporary Protestant Worship Service (Bldg. 1900)

10:30 a.m. Gospel Worship Service (south chapel)

10:30 a.m. Liturgical Protestant Worship Service (Solid Rock Cafe)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel)

Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

Protestant religious education

Adult religious education, 9 a.m. (Bldg. 962)

Tuesday Bible study, 6 p.m. (south chapel)

Thursday, noon Bible study; lunch provided (south chapel). PWOC

Thursday Bible study, 6 p.m. PMOC Tuesday Bible study, 6 a.m. For more information, call the base chapel at 6-4370.

Student ministry

Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m.

Friday, 7:30 a.m. to 11:30 p.m.

Saturday, 1 to 11:30 p.m. Sunday, 1 to 4 p.m.

Sunday Protestant Bible study, 4 p.m.

Student Contemporary Worship Service, 5 p.m. Liturgical Protestant Worship Service, 10:30 a.m.

Praise and Prayer, Wednesday, 8 p.m.

Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.

Chapel Ropes Meeting, Tuesday, 11 a.m. and 4 p.m.

Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.

For more information, call the base chapel at 6-4370.



Sheppard Sports



381st TRS slays Dragons 39-35 in basketball

By Senior Airman Chris Powell
Senior sports editor

The 381st Training Squadron outshot the 187th Marine Wing Warriors Tuesday in permanent-party basketball action at the south fitness center.

The 381st TRS came out firing after a jump shot by Josh Miller put his team up 8-2 at the 15-minute mark.

But the Dragons were able to bounce back by scoring six unanswered points, capped by a Brandon Hawkins jump shot to tie the game at 8-8 with 12:06 remaining in the half.

The biggest hurdle the Dragons had to overcome in the game may have been themselves. The Dragons missed numerous second- and third-

chance layups.

The game was tied at 12 with more than three minutes left in the half, but the 381st TRS was determined to finish strong.

Jason Donovan hit a jump shot and Miller made a layup before the buzzer sounded to give the 381st TRS a 19-14 lead.

When the second half began, the 381st TRS picked up right where they left off.

Bobby Collins hit a layup and Fred Hern hit a jumper to give them a 24-18 lead.

Then, the 381st TRS began an offensive and defensive meltdown, as they couldn't seem to get the ball up the court without having it stolen and couldn't stop the Dragons' guards from slashing to the basket and scoring.

Marvin Baker and another Dragons player hit two jumpers to bring the score to 26-24 with 11:30 to go in the game.

Right when it looked as if the 381st TRS was going to collapse, Bobby Collins made the Dragons' defenders looked as if they were standing still by dribbling around them and scoring an easy layup, making the score 28-24 with 10:50 left in regulation.

After Collins hit a free throw, the 381st TRS went up 31-26, and the team looked to be settling down.

The Dragons scored back-to-back field goals, pulling within one point with five minutes to go.

Baker had a chance to put his team on top with

a wide-open three pointer, but all he hit was iron. Hawkins also had a chance to bring the Dragons back into the game after he was fouled, but missed both free throws.

With the Dragons down by two points, they began to intentionally foul the 381st TRS.

Miller was fouled with 38 seconds to go. He hit his first free throw and missed his second, but was able to get his own rebound and was fouled again. He missed both shots.

Dragons' player Terry McDonald hit a layup to make the score 35-34 with 12 seconds left.

With 5 seconds left, the Dragons had to foul again, but this time the 381st TRS made their free throws to seal the win.

Sports Briefing

Proper PT uniform wear

The Chief of Staff of the Air Force has approved policy for wear of the official physical training uniform at all organized PT functions.

The mandatory wear date will be established at a later date.

Any combination of PT uniform items may be worn together but can't be worn with any civilian clothing.

■ **T-shirt:** It must be worn tucked into shorts.

People may wear the short or long-sleeve style Air Force shirt.

■ **Warm-up suit:** When the jacket is worn, it must be zipped up at least halfway.

The hood will be stored and zipped when not worn.

The pants, when worn, must be zipped at the legs.

■ **PT shorts:** Spandex shorts and leggings may be worn under PT shorts. During cold weather periods, full-length leggings can be worn.

■ **Socks and shoes:** Ankle or calf-length socks must be worn. Small, conservative trademarked logos may be worn on socks.

Shoes must be a conservative color like white, black or dark blue.

■ **Hats:** Hats aren't required when performing PT activities.

■ **Saluting:** Saluting is not required when performing PT activities.

Saluting is required, though, if people meet and are displaying appropriate rank and are not participating in PT activities.

■ **Hair:** Hair must be neat and not allowed to hang loose below the collar. It should be tied back.

■ **Reflective belts:** The installation commander will determine if reflective belts must be worn.

■ **Jewelry:** Jewelry wear will follow normal uniform wear rules.

The mandatory wear date will be determined once sufficient supplies are available.

Uniforms will be available for purchase in military clothing sales stores.

Sheppard bass anglers wanted

The local American Bass Anglers district is looking for more Team Sheppard members to join.

The ABA, the largest tournament trail in the world, now offers more than 900 tournaments in 105 districts across the country for the weekend angler.

The organization was founded in 1975 and was formed for military bass fishermen and called the Military Bass Anglers Association, or MBAA for short.

The upcoming tournament is Feb. 20 at Lake Texoma and March 20 at Lake Ray Roberts.

For more information, call Master Sgt. Rob Eckles at 6-8287 or go to www.americanbassanglers.com.



Courtesy photo

Cpl. Melissa R. Wade, takes her students to the limit during a cardio kickboxing class at Camp Taqaddum, Iraq. Every Monday, Wednesday and Friday evening, Wade puts her students through a rigorous one-hour session. The Marine base is home to the headquarters for 1st Force Service Support Group and different aviation squadrons from the 3rd Marine Aircraft Wing, Marine units from Camp Pendleton and Marine Corps

Air Station Miramar, in southern California. Wade, an aviation electronic technician with Marine Light Attack Helicopter Squadron 367, conceived the idea of putting her "TurboKick" instructor certification to good use when she saw some of the other recreational activities offered for the Marines, sailors and soldiers stationed here. Wade is a 20-year-old native of Fayetteville, Ark.

Arkansas native keeps deployed Marines fit in Iraq

CAMP TAQADDUM, Iraq — Marines scream in pain inside a dimly lit, abandoned restaurant in western Iraq. "I can't hear you! Faster! Faster!"

For one hour, three times a week, they have no alternative but to submit to the commands. The Marines, one a former drill instructor, walk out of the restaurant drenched in sweat, and muscle soreness and fatigue usually sets in the following day.

The abuser: a 5-foot, 113-pound, blonde Marine.

Every Monday, Wednesday and Friday evening, Cpl. Melissa R. Wade puts her students through a rigorous one-hour session of cardio kickboxing at Camp Taqaddum, Iraq. The Marine base is home to the headquarters for 1st Force Service Support Group and different aviation squadrons from the 3rd Marine Aircraft Wing, Marine units from Camp Pendleton and Marine Corps Air Station Miramar, in southern California.

Wade, an aviation electronic technician with Marine Light Attack Helicopter Squadron 367, conceived the idea of putting her "TurboKick" instructor certification to good use when she saw some of the other recreational activities offered for the Marines, sailors and soldiers stationed here.

Wade says that her class gives the Marines at Camp Taqaddum a chance to actively unwind.

Even she gets a break when she's teaching.

"I forget that I just got done working on helicopters," she said.

Combining hip-hop dance moves and cardio kickboxing routines, TurboKick is featured at over 2,000 different health clubs and fitness chains in the United States and many countries across the globe.

Upon receiving the news that one of their certified instructors is currently serving in Iraq in support of Operation Iraqi Freedom, TurboKick has compensated Wade with free music mix CDs and instructional videos to use during her classes in Iraq.

When she's not maintaining navigational systems on Cobras and Hueys, she's maintaining her body and anyone willing to take her hour-long challenge.

A natural athlete, Wade has participated

in a wide-open three pointer, but all he hit was iron.

Hawkins also had a chance to bring the Dragons back into the game after he was fouled, but missed both free throws.

With the Dragons down by two points, they began to intentionally foul the 381st TRS.

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Dragons' player Terry McDonald hit a layup to make the score 35-34 with 12 seconds left.

With 5 seconds left, the Dragons had to foul again, but this time the 381st TRS made their free throws to seal the win.

Academy women unable to get past Black Knights

Courtesy of the Air Force News Service

WEST POINT, N.Y. (AFPN) — The Air Force Academy women's basketball team recovered from a 15-point halftime deficit, but foul trouble prevented the Falcons from finishing the comeback. The team fell, 60-53, to service academy rival Army Jan. 3.

Army (6-5) got out to a 10-2 lead, thanks in part to 8 points by Jen Hansen, and kept its margin throughout the opening period. Early foul trouble plagued the Falcons (4-8), who picked up their 10th team foul by the 9 minute mark in the half. The biggest difference in the first period came at the foul line, where Air Force was outscored 11-2. The Black Knights also shot 50 percent from the field compared to just 31 percent by the Falcons, as Army built up a 37-22 advantage by the break.

The Falcons went on an 8-2 run to start the second half before Cara Enright shot a three-pointer to swing the momentum back in Army's direction. Air Force was able to hang tough and cut the margin to 50-41 midway through the



Freshman Ellen Jaeschke

Academy wrestlers compete at Midlands Invitational

Courtesy of the Air Force News Service

EVANSTON, Ill. (AFPN) — The Air Force Academy wrestling team competed at the 42nd Midlands Invitational here. Four Falcons grapplers wrestled at the annual event, which featured several of the nation's top teams and individuals.

Josh Peterson competed at 149 pounds, opening the meet against eighth-seeded Jeff Harrison of University of Northern Iowa. After losing by fall to Harrison, Peterson moved into the consolation bracket, where he first squared off against Northern Illinois University's Mike Grimes, seeded ninth in the tournament. Peterson battled for a 3-2 decision, moving on to face Ryan Hurley of Cleveland State University. Peterson again captured a narrow decision, this time defeating Hurley by a score of 6-5; however, Peterson's run came to an end as he dropped a 10-0 decision to Aaron Scott of Iowa State University.

Brenden McLean, wrestling in the 197-pound weight class, also went 2-2 in the tournament, dropping his first bout of the day in a 5-0 decision to sixth-seeded Tyrone Byrd of the University of Illinois. In the consolation bracket, McLean recorded a 2-1 decision over Iowa State University's Woodley Milord, followed by a 2-1 tiebreaker win over Dane Page of the University of Iowa. McLean then went up against Matt Weight from Illinois, losing 2-1.

Ben Tresmer represented the Falcons at 165 pounds, facing a tough opening opponent in top-seeded David Bolyard of Central Michigan University. Bolyard, ranked second in the nation, took a 9-1 decision to send Tresmer to the consolation bracket.

Rounding out the group of Falcons was Luke Lefever, who went 0-2 on the week, falling to second-seeded Brian Glynn of Illinois by a 7-1 decision to open the tournament.

'Andro' supplement off limits in new year

By Staff Sgt. C. Todd Lopez
Air Force Press News

WASHINGTON — Airmen who take androstenedione to increase muscle mass will soon have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that takes effect Jan. 20, the prohormone androstenedione will be classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called "andro," is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force's chief consultant for internal medicine services.

"Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone," Dr. Carr said. "Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs."

Other drugs listed as Schedule III substances include the anesthetic ketamine, called "Special K" by the club-goers who use it; testosterone, and forms of codeine and morphine.

Once ingested, Dr. Carr said, androstenedione is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size and body hair. For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

"Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries," Dr. Carr said. "For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness."

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user's body.

"A male may find that because he doesn't have normal testosterone production, his testicles get smaller," Dr. Carr said.

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

"One of the biggest problems that gets users into trouble is that aggressive behavior mani-

See ANDRO, Page 4B

Bowling

For more information, call 6-2170.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.

For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling center birthday parties

The north and south bowling centers are available for birthday parties.

The cost is \$2 at the north lanes and \$1.50 at the south lanes.

The cost is more at the north lanes because it features Glow Bowling.

Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center.

Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members.

The cost for children who are non-members is \$25.

Call 6-6826 for more information.

Pool tournament

The pool tournament is at 2 p.m. Saturday at the community activity center.

Trophies will be awarded to first and second-place winners.

Table tennis tournament

The table tennis tournament is at 5 p.m. the second Saturday of every month. Cost is \$2.

Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month.

Trophies will be awarded to first and second-place winners.

Fitness center

For more information, call 6-2972.

Kid's room

Parents can work out and watch their children at the same time in the kid's room at the south fitness center.

Push it to the Max

Push it to the Max is a free program designed to teach people how to do correct push-ups and will improve push-up ability.

The program is from 5:30 to 7 a.m. Tuesdays in the aerobic room at the south fitness center.

Spinning at the south fitness center

Spinning classes are at 5 p.m. weekdays and at 7 p.m. Mondays and Wednesdays at the south fitness center.

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Tuesday and Thursday at 5:15 a.m.

Body pump

Monday and Wednesday at 6 p.m. Tuesday and Thursday at 9:15 a.m.

Yoga and pilates

Monday, Wednesday and Thursday at 10:15 a.m.

Tuesday and Thursday

at 6 p.m.

Saturday and Sunday at 4 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.

Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.

Sunday at 3 p.m.

Intermediate step

Monday, Wednesday and Friday at 9:15 a.m. and Saturday at 10:15 a.m.

Advanced step

Monday and Wednesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

TOPS

For more information, call 855-4308.

TOPS class

There is a Taking Off Pounds Sensibly class at 6 p.m. Thursdays in Bldg. 962.

Youth center

For more information, call 6-5395.

Fit For Fun 2004

The Fit For Fun 2004 program is designed to get children to participate in a more active lifestyle through rewards and recognition.

The program is every day for 9 to 18 year olds at the Madrigal youth center.

Academy releases 2005 lacrosse schedule

U.S. AIR FORCE ACADEMY, Colo. (AFPN) — A trip to Virginia Military Institute, an appearance in the University of Denver's Pioneer Force-Off Classic and five games against opponents nationally ranked at the end of the 2004 regular season highlight the 2005 Air Force Academy lacrosse schedule.

The Air Force Academy Falcons get the season under way with a trip to Lexington, Va. to face VMI in a military academy showdown Feb. 27. They then return to Colorado March 5 and 6 for the Pioneer Force-Off Classic where they meet East Coast opponents Towson University, ranked 11th in 2004, and Lafayette College.

Air Force's home opener is slated for March 10, when the Falcons hit the turf against the University of Pennsylvania Quakers, who finished last season with a national ranking of 13 and reached the NCAA tournament. Following that matchup, Air Force takes to the road for a five-game stretch beginning with Great Western Lacrosse League opponent Fairfield University on March 23. Next the Falcons face St. John's University on March 26 and Army on April 2 before meeting a pair of nationally ranked foes on the road.

The Falcons take on conference opponent University of Notre Dame, a 2004 NCAA participant, in South Bend, Ind., on April 10 and then visit the University of North Carolina, which was ranked seventh at the conclusion of the 2004 season and earned an NCAA bid, in a midweek matchup on April 13.

Air Force finds its next two games at home, playing against conference opponent Butler University on April 22, before meeting top 10-ranked Ohio State University, another NCAA participant, in the home finale April 24. The Falcons wrap up the season at the University of Denver on April 30.

"Our schedule this season is as competitive as it always is," said Fred Acee, coach. "We're excited to have VMI to start the season, and a face off against a fellow military academy. We've got opportunities to play against some of the top teams in the nation, including a North Carolina team that is always one of the best in the country. We also close our home season with Ohio State, one of the top teams not only in our conference, but in the nation."

BASKETBALL

Continued from Page 1B

half. After several scoreless minutes for both teams, the Falcons ignited, going on an 11-0 run, fueled by 5 points from Jacki Novak.

A pair of foul shots by Lindsey Brent put the Black Knights back on top and from that point on, the Falcons could not recover, as Army scored its next 8 points at the free-throw line. The Black Knights took advantage of late fouls by Air Force to take the 60-53 victory.

Army shot just 12 percent from the field in the final period and scored its last field goal of the game at the 13:20 mark.

Marine recruiting kicks off New Year at 2005 Outback Bowl

By Staff Sgt. Marc Ayalin
Marine Corps Recruiting Command

Tampa, Fla. — There was a charged sense of patriotism in the air during the 2005 Outback Bowl as approximately 65,000 fans cheered while Marines were honored during pre-game and half time activities.

The nationally televised football game featured a match up between the Universities of Georgia and Wisconsin and was an excellent opportunity for America to pay special tribute to five Operation Iraqi Freedom veterans, four of whom are graduates of the colleges featured in the gridiron clash.

As the first Marine was recognized during the half time show, SSgt. Brett A. Massey, a Tampa resident currently assigned to Marine Light Attack Helicopter Squadron 169 (HMLA-169), the crowd broke out with a massive cheer. For Massey, the experience was well worth the trip back home from Iraq.

"When I first heard that I was being sent to Tampa, I thought it was a joke," Massey said. "But when I found out it was true, I was more than excited because it meant I'd be here for some very special events."

Massey was able to make it home in time for Christmas with family and friends, he was able to celebrate his eighth wedding anniversary with his bride, but the greatest gift of all was being able to hold his 11-week-old daughter for the first time.

"It was an honor to present the Marines to the country as genuine heroes on national television," said Capt. Maxwell Boucher, Marine Corps Recruiting Command's project officer for the Outback Bowl.

For University of Georgia graduates Capt. James Lane, executive officer, G Company, Marine Corps Recruit Depot, Parris Island, S.C. and 1st Lt. James Donovan, training officer, 1st Combat Engineer Battalion, Camp Pendleton, Calif., representing the Marine Corps and their Alma Mater at the same time was an



Photo by Staff Sgt. Marc Ayalin
Maj. Shane Tomko, commanding officer, Recruiting Station Portsmouth, N.H., sings the National Anthem for the opening of the 2005 Outback Bowl. The Marine Corps participated in Outback Bowl festivities to help boost recruiting efforts and increase overall exposure for the Marine Corps.

incredible opportunity. As a veteran of the initial northward assault through Eastern Iraq with Task Force Tarawa in 2003, Lane was quick to state that the freedom to be an American doesn't come free.

"We protect the country so that people can get together at events like this and watch football or a favorite team without being in fear of any terrorist attack," the 1995 graduate of UGA said.

To Donovan, being honored during the Outback Bowl was a tribute to his Marines with the 1st CEB currently in the Iraqi theater. A combat engineer by trade, Donovan lost two Marines during his tour of duty while in Iraq. So, it was an honor to represent his Marines at the Outback Bowl.

"This is a great opportunity for me to represent my guys, my platoon who really worked hard out there," Donovan said. "We faced and overcame a lot of challenges. One of those challenges was disarming enemy munitions used by insurgents as improvised explosives devices."

Also honored were University of Wisconsin graduates Capt. Matthew

Fischer, commanding officer, G Company, Marine Combat Training Battalion, and Capt. Ryan Schiller, an AH-1W Cobra pilot also with HMLA-169.

Returning from his second tour of duty in Iraq, Schiller was just happy to see his wife and be able to watch his team compete in the Outback Bowl.

For Fischer, being honored in front of his school made him even more proud of his accomplishments and experience as a part of history.

"It's a positive feeling to stand in front thousands knowing that I took part in liberating a country while spreading democracy," the former Badger said. (Badger is the mascot for the Univ. of Wis.)

All the support provided by Outback Bowl staff and representatives wouldn't have been possible without their love for the Marine Corps. This was clear when Outback Bowl president and CEO, Jim McVay, expressed his interest in solely choosing the Marine Corps to participate every year.

"We have a great appreciation and a lot of respect for the Marine Corps," said Jim

No lockout here
AF Falcons hockey team cools off Navy, 6-5



Photo by Staff Sgt. Ricky A. Bloom
Russ Killpartrick skates into the Navy's zone and scores the first goal of the game for the Air Force hockey team from nearby Charleston Air Force Base. The Airmen defeated the Navy team 6-5.



Photo by Staff Sgt. Ricky A. Bloom
Paul Goff, No. 68, and Russ Killpartrick fight a Navy defender for control of the puck. The Airmen prevailed and scored the third goal of the game.



Photo by Staff Sgt. Ricky A. Bloom
Chris Gulotta makes a perfect pass which led to a goal for the Air Force hockey team from nearby Charleston Air Force Base.



Photo by Staff Sgt. Ricky A. Bloom

Paul Goff celebrates after scoring the game-tying fifth goal for the Air Force hockey team from nearby Charleston Air Force Base.

Be a good wingman, watch out for your buddy.

Be safe, be smart.

Buckle up and don't

drink and drive.

To place an ad in the *Sheppard Senator*, call 761-5151.



FITNESS

Continued from Page 1B

ed in sports since the fourth grade. She's trained and competed in gymnastics for seven years, and dabbled in cheer-leading, soccer and track. She also boasts a near-perfect score on the Marine Corps' physical fitness test - consisting of a 3-mile run, a flexed-arm hang from a pullup bar and crunches.

Warming up with calisthenics, Wade puts her students through a wide array of toning exercises, including punches, kicks and workouts for the abdomen.

"I usually get compliments about the ab workouts. I want to call it compliments; maybe they're compliments," said Wade.

The diverse composition of her classes, usually between 15 to 20 students, makes it even more fun for Wade.

"It's pretty funny when I can beat out Staff Sgt. Moore on pushups," she said.

Staff Sgt. Corey M. Moore, the career planner for Headquarters and Service Battalion, 1st FSSG, has a one-rep bench press max of 300 pounds, but the 5-foot-9-inch, 181-pound Marine maintains that his brute strength is no match for Wade's overall fitness.

"I let her beat me! It's no fun if you outdo the instructor," said Moore, 28, a native of Columbus, Miss.

Wade says that her class can prove beneficial even for strongmen like Moore.

"It's a full-body workout. It works just about everything and helps build up definition," Wade explained.

BOWL

Continued from Page 3B

McVay, president and CEO of the Outback Bowl. "The highlight of our efforts in putting together the Outback Bowl is having these young veterans who served in Iraq out here to let them know their country appreciates them."

In addition to the halftime recognitions, the Marine Corps was highlighted during pre-game activities and during the coin toss before the start of the game.

During pre-game ceremonies, the Parris Island Marine Band played music as football fans entered the stadium.

Also, Major Shane "Rhino" Tomko, commanding officer, Recruiting Station Portsmouth, N.H., sang the National Anthem as Marines from the 4th Amphibious Assault Battalion, here, provided the color guard.

The grand finale of the National Anthem culminated

with a thunderous low-level AV-8B Harrier flyover provided by Marines from Marine Fighter Attack Squadron -203 out of Cherry Corps Air Station Cherry Point, N.C.

Brigadier General Walter Gaskin, commanding general, Marine Corps Recruiting Command, was honored to conduct the coin toss resulting in Wisconsin winning the toss and electing Georgia to receive the ball.

"This was our third year at the Outback Bowl and being able to participate in events of this caliber is a great opportunity to showcase the Marine Corps," Gaskin said. "Our involvement at the game sends a message to America - we stand for patriotism, honor, courage and commitment."

Additional Marine activities featured an interactive setup featuring two pull-up challenge contests, a red Marine Corps Hummer outfitted with a massive amplified sound system, a giant sized inflatable drill instructor and the #25 Team Marines show car. The Marine presence left a lasting impression with many who attended.

"There is no question of my patriotism and how the Corps makes it all come together," said Gabriel Van of Marietta, Georgia. "I am thankful for what the Marines do for this country."

Following Georgia's win over Wisconsin (24-21), football fans left the "Sunshine State" with greater feelings of patriotism, largely in part of the Marine Corps and its participation this year's 2005 Outback Bowl festivities.

She does get some satisfaction from seeing her big, bad Marines ache after her class.

"The guys in my unit all complained about how bad their arms and legs hurt after the class," Wade bragged.

Putting in 12 hours a day at the flightline, Wade periodically catches herself with tunnel vision, focusing all of her energy on her work. But once she changes from her blue coveralls to shorts and a T-shirt, her contagious exuberance spreads throughout the makeshift cardio room.

"Cpl. Wade's enthusiasm does carry on into the work place and with her everyday life. She shows great interest in her class and aspects of being a great Marine," said Gunnery Sgt. Christopher M. Moehl, Wade's supervisor at HMLA-367.

In the spare minutes left over from her daily noon-to-midnight shifts and the kickboxing classes, Wade records her thoughts of the day inside a journal. It's not easy for Wade to be on the money day in, day out.

"Sometimes I walk into my class and tell them, 'I'm really tired today. I need your energy,'" she said.

Upon the conclusion of her seven-month deployment next spring, Wade hopes to continue her classes, and has the full support of her "Gunny."

"I know she wants to continue when we return stateside. I have all intentions of letting her (continue teaching), and I plan to attend the class myself once I get a chance," said Moehl.

United States men's basketball team wins 41st SHAPE basketball tournament

Courtesy of the Air Force News Service

The United States won the gold medal in the 41st Supreme Headquarters Allied Powers Europe (SHAPE) basketball tournament, in Mons, Belgium recently. This tournament, which has been conducted every year since 1960 except in 1967 and 1992-1994, involves the best military basketball players from the participating nations.

Team Captain Eddie Goad (Charleston Air Force Base, South Carolina) played a key role in the formation of the 2004 United States' Team, identifying prospective players and negotiating with commanders on player release for training camp and SHAPE Championship.

The team conducted a brief training camp at the Vogelweh Fitness Center, Ramstein Air Base Germany prior to traveling to Belgium for the SHAPE Championship. Taking a short break during the training sessions, the team visited Landstul's Regional Medical Center and the Medical Transition Detachment. While there, the team had moving and inspiring interaction with the patients and presented the detachment commander with an auto-graphed team photo.

In addition, the team members personally purchased 20 DVD's and donated them to the hospital's day room. The visit furthered the team's resolve, with all members dedicating themselves to our men and women in Afghanistan and Iraq.

Coach Kwasniak related, "We owe nothing less than our maximum effort to these soldiers, sailors, airmen and marines - we want to win this for them."

The United States Armed Forces Team defeated the United Kingdom 107-71 in their first game of the competition. Sergeant Eric Draper (Fort Richardson, Alaska) led the team in scoring with 26 points, shooting 11 of 20 from the field. First Lieutenant Travis Cantrell (Wright-Patterson Air Force Base, Ohio) and Staff Sergeant William Griffith (Hill Air Force Base, Utah) contributed 15 points and 10 points respectively. Perennial Armed Forces player Sergeant Craig Marcelin (Schweizingen, Germany) had six steals and nine rebounds in this game.

Draper led the United States Armed Forces Team in scoring in their second

game against the Czech Republic when he totaled 38 points (hitting 11 of 18 from the field, to include 10 of 15 from behind the international three point line). Nelson and Specialist Ronald Bartley (Army MP Unit in Yongsan, Korea) each added 11 points while Second Lieutenant Thomas Bellairs (Los Angeles Air Force Base) scored 10. Price led the team in rebounds with 11, while Nelson and Second Lieutenant Tyssen Pina (Tyndall Air Force Base, Florida) each had eight. Second Lieutenant Lucas Lecour (Fort Sill, Oklahoma) dished out 11 assists while Bradley doled out nine in this game. Marcelin again played a sparkling defensive game, winding up with five stolen balls, in this 115-72 point victory.

Draper also was the leading scorer with 21 in the United States' third game of the tournament against Canada. Nelson had 14, while Cantrell had 11 and Lucas Lecour (Fort Sill, Oklahoma) scored 10. The United States won this game 100-58, advancing to the final game of pool play against Lithuania which would determine who would play for the gold medal in the finals. Adding to the drama of this pending game, these teams had split two and two in their four previous battles in international play (2003 World Military Games in Sicily and the 2004 World Military Basketball Championship in Croatia).

The game against Lithuania was hard-fought, with the United States down by six points after the first quarter. The team came back to tie the game at 44-44 at the half, behind the tenacious defense of Lecour (four steals and 13 points) and Marcelin (12 rebounds, three steals, and 19 total points). Bellairs once again was big on the boards, garnering six of the offensive boards and another six on the defensive end of the court.

Bartley's two-pronged attack of scoring and assists resulted in scoring most of his 12 points in the crucial minutes of the first quarter, while Draper again was the leading scorer for the United States with 30 points, leading to a final score of USA 94, Lithuania 87.

The final game of the tournament was against Italy. This was to be an extremely tough game, with Italy and its three seven foot basketball players the consensus favorite.

Nelson, who went down with an ankle sprain in the first half of the game against Lithuania, was one of the many key play-

ers in this game. Because of the significant size difference, the United States used a harassing press to take control of the game from the tip-off, jumping to an impressive 9-0 lead. This intensity continued with the United States controlling the game for a dramatic 107-70 final score.

Coach Babejohn Kwasniak (Prairie Village, Kansas) felt the only way for the United States to prevail in this game was to turn the event into a track meet.

The team wound up with 15 steals, four by Lecour and three by Marcelin and Draper. The 6'6" Bellairs out-positioned the taller Italian players and wound up with 17 total rebounds. Nelson, who had a dramatic dunk over a 7'1" Italian during a run in the third quarter, contributed eight rebounds, while Marcelin had seven. Draper was 8 for 11 from behind the three-point line, winding up with 38 total points. Other double-digit scores were Bartley, Cantrell, and Nelson each with 11.

Those sharing the ball were Bartley with seven assists, Lecour with six, and First Lieutenant Michael Roy (Robins Air Force Base, Georgia) with three.

Final team standings were United States, followed by Italy, Turkey, the Czech Republic, Latvia, Lithuania, Army Europe, the United Kingdom, Belgium, and Canada.

Coach Kwasniak was very pleased with this year's Armed Forces Team. Each player fully accepted his role on the team. He said, "We have had more individual talent on some of our teams from the past, but this year we had a complete roster of players who sincerely did not care who scored or who got the credit - let's just win the game!"

Assistant Coach John Bailey (Robins Air Force Base, Georgia) further echoed, "Our team was selfless and committed, we demonstrated ultimate teamwork and it really paid off for us." Eric "Cookie" Draper was the leading scorer for the tournament, averaging 30.6 points per game, receiving the Scorer's Award at the final ceremony.

Supreme Allied Commander Europe, General James L. Jones, told the team that he was more proud of HOW the team won, rather than the fact that they won.

He went on to say, "I thought you represented all United States service men and women in the proudest fashion."

How circuit training can improve your health, athletic performance

Billy Irons
Base personal trainer

First, if you are committed to getting in shape and improving your health and fitness, circuit training offers a complete solution.

It can improve your strength, aerobic fitness and burn off fat in one workout. And due to its constant variation, it's much more interesting than most forms of training.

Secondly, circuit training is considered by the American College of Sports and Medicine the number one method used to improve sport-specific strength and endurance. If you're an athlete or a non-athlete, you can step up to the next level with the circuit training program.

Here are some other benefits:

■ Circuit training is also a highly efficient form of training. By alternating exercises and muscle groups each is given more time to rest before it's worked again.

■ With circuit training, you can perform more work in the same period of time because of better fatigue management.

■ Circuit training lends itself excellently to training outside of a gym environment. You can train in facilities available to you, even in the comfort of your own home.

So what exactly is circuit training?

Circuit training is vertical progression. In short, it's progressing from one exercise to the next, in sequence until you have completed all the stations in the workout. In fact, it's your own training objectives that determine the number of stations, sets, repetitions and the amount of rest in a session.

If your goal is to improve your general health and fitness, circuit training should be and is an obvious first choice.

ANDRO

Continued from Page 1B

feels itself," Dr. Carr said. "They get into fights, and that could have a major impact on an individual."

Lt. Col. Ronald L. Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

"Due to health concerns, the direct dietary supplements that contained androstenedione ... were phased out by December 2002," Colonel Blakely said. "AAEFES store direct operations never offered nor-androstenedione supplements, also known as 'nor-andro' supplements."

Colonel Blakely also said that General Nutrition Center concessions no longer sell "andro" or "nor-andro" products.

On Jan. 20, androstenedione may no longer be legally purchased. It will also be illegal to use the prohormone, even if it was purchased before then. Use, possession, or distribution of androstenedione after Jan. 20 will be a violation of the Uniform Code of Military Justice.